

# DINNERLY



## Hoisin Tofu and Peanut Stir-Fry with Super Greens and Rice



25 minutes



2 Servings

Stir-fry tofu and greens in a sweet hoisin sauce, then tumble over rice and scatter with peanuts. That's what we call smashing out flavour!



- 150g jasmine rice
- 1 red onion
- 1 head broccoli
- 1 bunch pak choy
- 20g peanuts <sup>5</sup>
- 200g smoky barbecue tofu <sup>1,6</sup>
- 40ml hoisin sauce <sup>1,6,11</sup>

- 1 garlic clove
- 1½ tbs vegetable oil
- 2 tsp soy sauce <sup>6</sup>

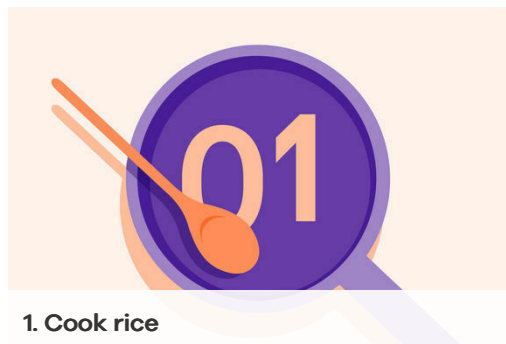
- small saucepan with lid
- medium deep frypan

## ALLERGENS

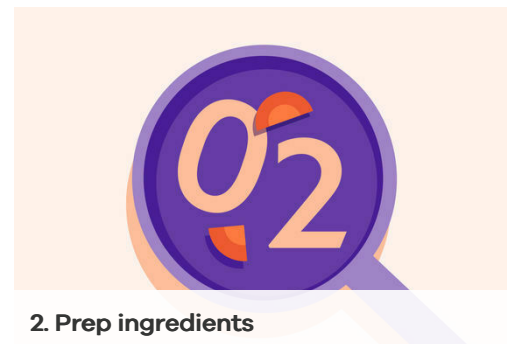
Gluten (1), Peanuts (5), Soy (6), Sesame (11).  
May contain traces of other allergens.

### NUTRITION PER SERVING

Energy 680kcal, Fat 30.1g, Carbs 89.3g,  
Proteins 30.0g



Rinse the **rice** until the water runs clear. Put in a small saucepan with **310ml (1¼ cups) water**, cover and bring to a simmer over medium heat. Reduce the heat to low and cook for 13 mins or until tender and the water is absorbed. Turn off the heat and stand, covered, for at least 5 mins.



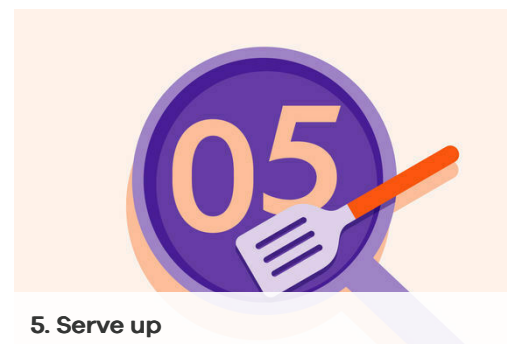
Meanwhile, thinly slice the **onion**. Cut the **broccoli** stem into 1cm chunks. Cut the head into small florets. Coarsely chop the **pak choy** stems, leaving the leaves whole. Coarsely chop the **peanuts**. Crush or finely chop 1 **garlic** clove.



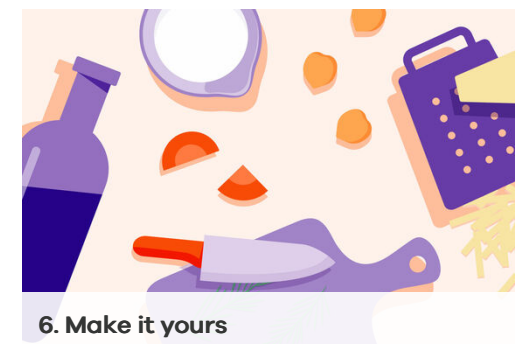
Heat **2 tsp vegetable oil** in a medium deep frypan over medium-high heat. Cook the **tofu** for 3-4 mins each side until browned. Remove from the pan and cut into quarters. Heat **2 tsp vegetable oil** in the same pan over medium-high heat. Stir-fry the **broccoli** for 4 mins or until starting to soften.



Add the **onion, pak choy stems, garlic** and **2 tsp vegetable oil** to the broccoli and stir-fry for 3-4 mins until tender. Add the **pak choy leaves, tofu, hoisin sauce, 2 tsp soy sauce** and **¼ tsp black pepper** and stir-fry for 1 min or until the leaves are wilted. Remove the pan from the heat.



Divide the **rice** and **tofu stir-fry** among bowls, scatter over the **peanuts** and enjoy!



Like it hot? Kick up the heat a notch or two with a scattering of chopped fresh chilli or chilli flakes.

Questions about the recipe? Customer Service: **02 9056 7570** Email: [hi@dinnerly.com.au](mailto:hi@dinnerly.com.au)  
View the recipe online by visiting your account at [dinnerly.com.au](https://dinnerly.com.au)    **#dinnerly**

 **Packed in Australia**  
from at least 75%  
Australian ingredients